

# Cabell Midland 5K Course Records

## Boys 5K Record

**15:52.48**

Zach Tennant – North Marion (2008)

## Team Average Record

**16:59.78**

Wheeling Park - 2007

## Girls 5K Record

**18:28.14**

Letitia Propst – Elkins (2008)

## Team Average Record

**20:01.31**

Morgantown - 2007

## Boys Top 35 All-Time Athletes

1	Zach Tennant	North Marion	15:53	2008
2	Cody Pellicione	Morgantown	15:57	2008
3	Levi Grandt	Doddridge	16:07	2007
4	Cory Hampshire	Jefferson	16:10	2008
5	Ryan Beabout	Wheeling Park	16:15	2007
6	Lenny Roach	Berkeley Springs	16:16	2008
7	David Bias	Cabell Midland	16:24	2007
8	Eric Cooper	Cabell Midland	16:25	2003
9	Kyle Gramlich	Wheeling Park	16:27	2008
10	David Caldwell	South Charleston	16:31	2008
11	Brandon Doughty	Jefferson	16:32	2009
12	Stewart Jones	Weir	16:36	2007
13	Larry Atkins	Huntington	16:38	1998
13	Craig Pritt	Preston	16:38	2008
15	Andrew Benford	Ravenswood	16:40	2003
15	Ben Lukowski	St. Albans	16:40	2001
15	Logan Wojcik	Wheeling Park	16:40	2008
15	Jacob Burcham	Cabell Midland	16:40	2009
19	Preston Whitney	Ripley	16:43	2009
20	Chris Snell	Ravenswood	16:45	2002
20	Dayton McVicker	Fairmont Sr.	16:45	2009
22	Mikey Guinn	St. Albans	16:47	1998
23	Nathan Rees	Ravenswood	16:48	2008
23	John Munday	Berkeley Springs	16:48	2009
25	David Ciarollo	Fairmont Sr.	16:49	2008
25	Greg Cooke	Cabell Midland	16:49	2002
25	Ryan Smith	Cabell Midland	16:49	2009
28	Ronald Read	Weir	16:50	2008
28	Casey Batey	Cabell Midland	16:50	1996
28	Russell Mulley	Wheeling Park	16:50	2008
31	Adam Frohnapfel	University	16:51	2008
31	David Rhodes	Tucker Co.	16:51	2008
33	Adam Toothman	Cabell Midland	16:52	1996
34	Tyler DeVault	East Fairmont	16:53	2001
35	John Binnoto	Hampshire	16:54	2007

## Girls Top 35 All-Time Athletes

1	Letitia Propst	Elkins	18:29	2008
2	Courtney Yaeger	Wheeling Park	18:31	2008
3	Ari Kasprowicz	Preston	18:41	2008
4	Allison Pettit	Morgantown	18:49	2007
5	Peyton Adkins	Gallia Academy (OH)	19:01	2008
6	Hallie Portner	University	19:12	2007
7	Alex Dent	Hurricane	19:13	2008
8	Megan Truelove	Winfield	19:14	2008
9	Andrea Nickerson	Jefferson	19:15	2008
10	Jordan McDonald	North Marion	19:21	2008
11	Alyssa Boucher	Jefferson	19:22	2008
12	Josie Crouch	Hurricane	19:23	2008
13	Emma Berry	Morgantown	19:30	2007
14	Rebekah McBride	Frankfort	19:32	2008
15	Sarah Martinelli	University	19:33	2008
15	Chelsea Jarvis	Capital	19:33	2007
17	Ashley Teets	Preston	19:35	2007
17	Rachel Buser	Berkeley Springs	19:35	2007
19	Amber Riley	University	19:41	2006
20	Chelsea Clark	Fairmont Sr.	19:42	2009
21	Desiree Roseberry	Shady Spring	19:43	2008
22	Lydia Martinelli	University	19:44	2007
23	Keri Bland	North Marion	19:45	2005
24	Jorden Thornton	Cabell Midland	19:46	2009
25	Jordan Hamric	Preston	19:50	2007
25	Kerrie Small	Parkersburg South	19:50	1997
27	Sarah McCauley	Philip Barbour	19:51	2008
28	Kaylyn Christopher	Preston	19:52	2006
29	Carissa Guyer	Hampshire	19:53	2008
30	Maggie Drazba	St. Marys	19:54	2009
31	Rachel Riley	Cabell Midland	19:56	2005
31	Jennifer Povick	Sissonville	19:56	2002
33	Rana Conneway	Hampshire	19:57	2007
34	Erika Voreh	Bridgeport	19:59	2009
35	Danielle Lewis	Hampshire	20:00	2008

# **Cabell Midland 5K Course Records**